Puberty Quiz

Quiz Part 1: Puberty and menstruation

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| question | Facilitation notes |
| True or false: Most young people’s bodies grow at the same speed and look very similar. | **False.** Everybody grows at a different rate. Some people start to grow early, while others start to grow later. This is normal. |
| Name three body changes that boys and girls experience during puberty. | **All adolescents**: grow taller, grow hair on the body, sweat more, get pimples.  **Girls**: monthly bleeding starts, breasts and hips grow.  **Boys**: voice changes, get wet dreams, muscles grow. |
| Where do adolescents normally go to when they have questions about their body or health? | Ask the group who they think mostly provides information to adolescents about their bodies and health – e.g., mother, father, aunt, siblings, other family members, friends, teachers, NGO workers, etc. |
| What can all adolescents do to take care of their bodies during puberty? | - Wash and bathe daily.  - Wash face regularly to help with acne.  - Always wash hands with water and soap after using the toilet and before touching food. |
| What can we advise adolescents to do to take care of their health? | - Get enough sleep.  - Eat good, healthy food and drink water.  - Exercise.  - Use relaxation methods to help with stress. |
| What products can a girl use to manage her period? | *Contextual – add here notes on the locally preferred product.*  Common products include clean pieces of cloth, sanitary pads or tampons. Emphasise the importance of changing the product regularly (every four to six hours) and to wash cloths daily. |
| What can a girl do to maintain hygiene during her period? | - Wash herself with soap and water every day. There is no need to wash inside the vagina; the vagina cleans itself and does not need to be washed out. For the vaginal area, use water instead of soap to avoid harming the sensitive vaginal tissue.  - Wash panties/underpants with soap and water to avoid stains.  - Change the pad, tampon or cloth regularly to avoid soiling clothes and causing a bad odour (change every 4-6 hours or more often).  - Wash hands after changing sanitary pads, tampons or cloth. |
| True or false: Monthly bleeding is a sign that girls are ready to have sex. | **False**: Monthly bleeding means that a girl’s body may be able to get pregnant. But it does not mean that she is emotionally ready to have sex with someone, that her body has grown big enough for a healthy pregnancy or that she is emotionally ready to be a parent. |
| What can girls do when they have cramps during menstruation? | Place a hot towel or hot water bottle on the abdomen, take a painkiller, or light exercise can help ease the pain. |
| Is it normal if girls do not get their menstrual period every month? | **Yes**. This can mean that a girl’s body is still developing a rhythm. Stress, illness or weight loss can also stop or delay periods. Stopped or delayed periods can also mean that she is pregnant. |

Puberty Quiz

Quiz Part 2: pregnancy and safer sex

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| question | Facilitation notes |
| When can girls get pregnant? | From the moment her period starts, a girl can get pregnant if she has sex. In fact, girls can even get pregnant a few weeks prior to their first period (after their first ovulation).  If caregivers do not really know this, use **Resource 8. Reproduction and Menstruation** to explain the menstrual cycle. |
| When are boys able to make a girl pregnant? | When a boy reaches the age of about 12 years, his body can start producing sperm. This is often marked by a first “ejaculation”, which means that sperm cells come out of the penis. This usually takes place in the night and it is also called a “wet dream”. |
| Who normally explains the risk of pregnancy to girls and boys? | Ask the group who they think mostly provides information about sex and pregnancy to adolescent girls and boys (e.g. mother, father, aunt, siblings, etc.). Also ask what caregivers usually say to explain this to adolescents. |
| When are young people ready to have sex? | Young people need to be physically and emotionally ready to have sex and they should feel comfortable in doing so. |
| How can we prevent unintended pregnancy? | Delaying and abstaining from sex is the best way to avoid getting pregnant. If you choose to have sex, use a condom correctly every time you have sex, or use other contraception such as pills, Intrauterine Device (IUD) or other methods in context. |
| What are the most common methods of contraception that are being used to prevent pregnancies? | Let the group answer this question and ask what methods are most commonly used by young people currently. Highlight that condoms are the only option that also prevent STIs and HIV/AIDS.  **Optional:** Use **Resource 11. Contraceptives** to provide additional information about available options to caregivers. |
| Who is usually the person who talks to girls and boys about sex? | Let the group answer this question and ask what they usually discuss with adolescents. |
| When are girls ready to be married? | Let the group answer this question.  Explain that the fact that girls can get pregnant when their period starts, does not mean that they are ready to be married and to have children. Encourage parents to allow girls to continue their childhood. They need to learn a lot before they are ready for the responsibilities of marriage and raising children. |
| What are the consequences of early pregnancy (when aged 13 to 17 years) for a girl? | When girls are young, pregnancy and childbirth can lead to health risks for her and the baby because her body is not yet ready for birth. Girls who get pregnant at an early age often miss school and other opportunities to develop the skills they need as adults. |

Some quiz questions are adapted from Pathfinder (2013) “GREAT Scalable Toolkit: Community Game”.